

Heal Your Gut Mini Series Gut Friendly Breads

- GLUTEN FREE
- DAIRY FREE
- GAPS DIET
- LEAKY GUT
- LOW CARB
- PALEO

Andre Parker





Welcome to the next edition in my
Heal Your Gut Mini Series!

This edition is all about breads! Not just any breads, but delicious, nutritious and 'clean' breads!

I am very excited to share these sample bread recipes with you, as many people who start a digestive support diet miss having bread in their diet.

The breads in this book are different from the breads that you would buy from the store as each one is gluten free and dairy free.

The breads I have developed in this book focus on using clean ingredients to craft clean, easy-to-digest breads that you can enjoy without guilt and without dealing with digestive upset that comes with traditionally made breads.

I hope that you enjoy these recipes as much as I have! Just because we have food intolerances doesn't mean we can't enjoy bread. We just have to enjoy them a little differently.

Happy baking and check out my book [Heal Your Gut, Bread Cookbook](#) for all the other recipes!



Label definitions:

- GAPS - GAPS Diet Friendly (Check personal dietary restrictions)
- LG - Leaky Gut Friendly (Check personal dietary restrictions)
- GF - Gluten-Free
- DF - Dairy-Free
- Low Carb - Low Carb Diet Friendly
- Paleo - Paleo Diet Friendly

Traditional Sandwich Bread

(GAPS, GF, DF, Low Carb, Paleo)



12



Ingredients:

- 2 cups almond flour (or ground from almonds)
- 4 organic pasture-raised eggs
- 4 Tbsp. melted coconut oil
- 2 tsp. raw apple cider vinegar
- 1 Tbsp. raw honey
- ½ tsp. Celtic sea salt
- 2 tsp. baking soda



Directions:

1. Start by preheating your oven to 350°F and lining a 8½ x 4 ½ loaf pan with parchment paper.
2. Add the almonds to a food processor and pulse to make flour.
3. Add the remaining ingredients to the food processor and blend until smooth.
4. Transfer the batter to the pre-lined loaf pan and bake for 30 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 20 minutes before slicing.

Chocolate Banana Bread

(GF, DF, Paleo)



12

Ingredients:

- 1 cup almond flour (or grounded from almonds) ½ cup coconut flour, sifted
- 2 very ripe bananas, mashed
- 4 eggs
- ¼ cup raw honey
- ½ cup melted coconut oil
- ¼ cup raw unsweetened cocoa nibs
- 1 tsp. ground cinnamon
- ½ tsp. Celtic sea salt
- 1 tsp. pure vanilla extract
- 1 tsp. baking soda
- 1 tsp. raw apple cider vinegar



Directions:

1. Start by preheating the oven to 350°F and greasing an 8 ½ x 4 ½ loaf pan with coconut oil. Line the pan with parchment paper to prevent sticking.
2. Mix all the wet ingredients together, including the mashed bananas, and then transfer to a food processor. Blend until smooth.
3. Add the dry ingredients, minus the cocoa nibs, and blend again. Fold in the cocoa nibs, and transfer the mixture to the loaf pan.
4. Bake for 25–30 minutes or until a toothpick inserted into the center comes out clean.
5. Allow the bread to cool before slicing.

Lemon Bread

(GAPS, LG, GF, DF, Paleo)



10

Ingredients:

- ½ cup coconut flour, sifted
- 5 organic pasture-raised eggs
- ¼ cup melted coconut oil
- ¼ cup raw honey
- Juice from 1 lemon
- 1 Tbsp. lemon zest
- 1 Tbsp. poppy seeds
- 1 tsp. pure vanilla extract
- 1 tsp. baking soda
- 1 tsp. Celtic sea salt

Glaze:

- 1 cup of coconut oil
- 2 Tbsp. raw honey
- Juice from 1 lemon
- 2 Tbsp. lemon zest

Directions:

1. Start by preheating the oven to 350°F and lining an 8 ½ x 4 ½ loaf pan with parchment paper.
2. Mix all the bread ingredients together in a large mixing bowl, and transfer to the lined pan.
3. Bake for 30–35 minutes or until a toothpick inserted into the center comes out clean.
4. While the loaf is baking, make the glaze. Mix all the glaze ingredients together in a mixing bowl and stir to combine. Continue to stir until the coconut oil begins to melt. Use the microwave for 10–20 seconds, if necessary. Drizzle over the bread once the bread has cooled.



Pumpkin Muffins

(GAPS, GF, DF, Paleo)



Ingredients:

- 2 cups almond flour (or grounded from almonds)
- 4 organic pasture-raised eggs
- ¼ cup pure pumpkin puree
- 4 Tbsp. melted coconut oil
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon
- ¼ tsp. ground ginger
- ½ tsp. Celtic sea salt
- ½ tsp. baking powder (aluminum free)



Directions:

1. Start by preheating the oven to 350°F and greasing a muffin tin with coconut oil.
2. Add the pumpkin puree, melted coconut oil, eggs and vanilla extract to a food processor and blend until smooth.
3. Add the spices, flour, salt and baking powder, and blend again.
4. Pour the mixture into the greased muffin tins.
5. Bake for 18–20 minutes or until a toothpick inserted into the center comes out clean.

GAPS Pizza Dough

(GAPS, GF, DF, Low Carb, Paleo)



8



Ingredients:

- 2 cups almond flour (or ground from almonds)
- 2 organic pasture-raised eggs
- ¼ cup melted coconut oil
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. Celtic sea salt

Directions:

1. Start by preheating the oven to 350°F and lining a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix until well combined.
3. Roll the dough into a ball and then press it down on the baking sheet to about ½ to 1 inch thick.
4. Bake for 15–20 minutes before adding GAPS-approved toppings of choice.

